Some Foods for

The Stomach Suffers More

During Summer

Than Any Part of Body

The stomach, says a great physician,

suffers more than any other part of

the body in summer weather. This

is due partly to the direct enfeebling

effect of the heat, but principally to

eating food that has gone a little

wrong. Very likely most of the heaviness, weariness and general out-of-

sorts feeling so common in summer

arises from slight poisoning of the

We do not give this matter the at-

tention it deserves. So long as milk

does not turn sour or meat become

very decidedly bad we are satisfied.

But slight changes in the direction of

decomposition are quite sufficient to

warn to be careful are the people who

go from home to work every day and

take their meals in a restaurant. It

must be in the experience of every

one that occasionally after a restaurant meal he feels anything but bright

In such cases there is usually some-

thing wrong with the food. In some

restaurants they are by no means as

considerate for the stemachs of their

customers as they ought to be. Rather

than waste food just on the turn, they

practice methods to cover up its de-

fects, sprinkle it with vinegar, flavor

with spices, and in other ways de-

At this time of year especial danger

lies in soups, sausages, cold ham and

pressed beef kept too long, made

dishes, and fish. Of course, if quite

sound, these are very nourishing. But

should one have the slightest suspi-

cion of their unwholesomeness he

would be wise to avoid them.

Those whom I would particularly

blood by tainted food.

do a great deal of mischief.

and fit.

ceive the palate.

Hot Weather

# Social and Other Interests of Women

and Mrs. D. O'Connor, 1024 Quimby st., was married Tuesday evening at 5 o'clock at her home to Vee O. Woodruff of this place. The ceremony was very quiet and took place in the living room in the presence of relatives and intimate friends. Rev. J. S. Burns of the Trinity Presbyterian church officiated. The bride was attractive in white and was unattended. Following a short wedding trip the young people will be at home in

Members of the Independent club enjoyed a picnic Tuesday afternoon at Hudson lake. A party of 13 left the city at 2:30 o'clock and spen the afternoon with boating and fishing at the lake. A delicious picnic supper was served and the return made at 9 o'clock. Aug. 25 the club will be entertained by Mrs. John Hinkle, Kunstman court.

The Woman's guild of St. James was entertained Tuesday afternoon by Mrs. E. E. Fricke, 503 N Lafayette st. Mrs. Fricke was assisted by Mrs. William Bender, Mrs. Minnie Voedisch. Following the regular business meeting, piano selections contributed by Miss Bernice Wayne with violin accompaniment by Miss Esther Fulton. Mrs. N. Treeweak of Salt Lake City, Utah, who is visiting with Mrs. C. J. Anderson, W. Navarre st., rendered a number of vocal and instrumental numbers. Miss Elinor Judd also gave several piano solos. Refreshments were served at

The Women's Home Missionary society of the First M. E. church met uesday afternoon at 2:30 o'clock ith Mrs. O. H. Collmer, 609 S. Clinn st. The assisting hostesses were Mrs. J. Layton, Mrs. George Davis and Mrs. D. H. Nunemaker. Interesting discussions were given during the afternoon by Mrs. George Taylor, Mrs. M. H. Appleby and Mrs. A. W. Lee. Regular business was transacted after which the afternoon was the heroine. spent socially and refreshments were served by the hostesses. The society will meet in one month with Mrs. Margaret Stull, S. Michigan st.

The Miller-Zigler family will hold its 26th annual reunion at Leeper attendance is expected.

The August committee of the Ladies' Aid society of the Indiana Avenue Christian church will entertain hair, at a thimble Thursday afternoon at the home of Mrs. R. E. White, 1213 teeth and complexion before she dare good as an athlete.

PERSONALS

J. Norris Zigler, W. Colfax av., has

st., will return today from a four

weeks' visit at Chicago and two

and nephew, Albert Stephenson, will

arrive home today from New York

where they landed Monday evening.

They sailed from London on the

steamship New Amsterdam. F. A.

Stephenson went to New York to

meet the party upon receipt of the

news of their arrival. They had

planned to spend several months in a

tour of the continents, but owing to

the war, were obliged to return after

three months. Much apprehension

was caused to relatives and friends

when no word reached here from the

trevelers who were known to be in

German territory at the time of the

returned to her home after a visit at

aster, Mrs. Wm. Woody.

turned to their home.

Park av.

S. Michigan st.

week in Jackson, Mich.

Michigan st.

Mrs. J. A. Reed, S. Fellows st., has

priottsville, Va., where she was

iled by the illness and death of her

Mr. and Mrs. Chas. Stucky of Chicago, who have been visiting with the

tives and friends in Angola, Ind.

visiting with W. W. Schneider, 816

Mrs. O. H. Stephenson, son George

weeks' visit in Michigan City.

### Pretty Pearl Plays Perilous Parts



BY ESTHER HOFFMAN, name suggests the Pathe series, "The ful. See picture above! Perils of Pauline", in which she plays To look at her one would never this may prove a very unwholesome

but I enjoy it more than any character in scores of other ways. I have ever played," Miss White de-

lattempt to vie with a rose in beauty. | Even the vegetarian does not es-The mere mention of Pearl White's Miss White' attempt proved success- cape. Mashed potatoes, for instance, spoil quickly, and if kept over night

dream that she had enough nerve to dish. Other vegetables, cooked and "I take risks, big risks, every day go into a lion's den or fall down a cliff kept for some time in an atmosphere of my life, being the perilous Pauline, and run the chance of losing her life which is not good, may also contain just the quantity of poisonous matter

Pearl did not know what she would which makes the rest of the day a be called upon to do when she accept- very unpleasant experience. All the assurance she needs is that ed the Pathe's offer to be "Pauline". the realism will make a good picture She asked why they had chosen her those concerned for their health park, Thursday, Aug. 20. A large and the dangers are discounted at for this big part and they told her be- should attend to. If many flies are cause the role called for a real about the place it is better to avoid it. The girl who impersonates the dar- actress. Her great ambition to be If the air smells close and impure the ing Pauline has a wondrously pretty called a real actress has therefore been food, as well as the customer's lungs, face, frank manner, and beautiful red fulfilled, but "Pauline" says that there suffer. It is well to avoid all artices hasn't been a chance for any "acting" exposed or left unprotected on shelves A girl must have beautiful lips, so far, but she surely has had to make and counters, such as fruit tarts, cold

meats, sausages, milk, butter, etc. Street and floor dust and other impurities may contaminate such food. In the home the most scrupulous cleanliness should be secured in everything relating to food. During hot weather the air contains many microbes, which develop at a surprising Consequently milk, meat, fish, butter and all animal foods should be

carefuly covered. Of course, raw meats and vegetables are purified by cooking. But even in them the products of the bacteria (ptomaines) remain, in spite of the cooking. Cold meats, milk, salads and everything to be eaten without further cooking require particular care.. Abov bags, purses and card cases made of cooking require particular care, plaid ribbons. Above all, they should be protected

force in the causation of diseases. If these and other precautions about food that will suggest themselves to readers are strictly carried out there will be far less cause than is common to complain of the distressing effects

### Fashion Fads.

pear on one edge and a velvet or Roses of tawny orange, the tango chenille-dotted border on the other. pal church here, will preach next! Sunday at the Emanual Episcopal color, are now made of silk for corchurch in Petoskey, Mich. The Most sage wear. An open bloom is made,

The wearing of white lace spats is

The side-tilted hat is responsible for the new large veil which is tri-

ternoon that his wife had left her Have you seen the new beaded heel? Little tiny beads of different color are The police department recovered the used side by side. For instance, two

Charming wraps of absinthe, charmeuse or water-moss green golfine are lined with self-colored liberty and The local police department is lookfastened with cartridge-shaped but-

ruffle idea.

Dashing sport coats of golfine or lect an automobile repair bill of ored coats have the most brilliant

> Some of the new coats are almost Very pretty hats are made of a kind

In the evening at the theater, you

Many women are carrying little formation received here today from leather vanity cases which measure Berlin the German capital is begin- about five by four inches, and are four ning to feel the pinch of hunger. The inches deep. These cases contain little

The newest skirts are short and

A white "wescut" is the correct

The Ellsworth Store

The Ellsworth Store



### A SHOWING OF **EARLY AUTUMN** HATS

The Millinery Section is decidedly interesting right now with its showing of early autumn hats. Among the novelties are the Kilties, he Jockey Caps and the Russian Turbans.

invariably lined with startling stripes

The Paris shops are showing hand-

A feature of the new gowns is the

jacket having a ripple hanging full

from about the middle of the back be-

The vogue for bordered effects has

times a narrow floral border will ap-

SOME NEWS NOTES.

Davies Laundry. Both phones.

Dr. Stoeckley, dentist, 511 J. M.

Leslie, the optician, 301 S. Mich. st.

August Clearing of Suits, Coats

and Dresses makes savings of one-

half and more effective.

CHAS. B. SAX & CO.

vewmans

Complete Stock of Victrolas

and Victor Records.

We Send Records on Approval.

George H. Wheelock & Co.

tween the shoulders.

# Autumn Suits and Coats -also Dresses

Here are Suits and Coats and Dresses that bear the markings of the New Season. Here are Suits and Coats and Dresses in the colors of Fall—Black, Navy Blue, Niggerhead Brown and Russian Green. Here are Suits and Coats and Dresses direct from New York. Here are Suits and Coats and Dresses well worth a trip down town just to see.

A Black Suit - Black is very, very good, you know-has a coat that is particularly attractive, cut away long in the back. The skirt is cut to form and quite plain.

Among the coats is one that is decidedly stunning—a coat that has already caused many pause with delight. This is of Russian Green Chiffon Broadcloth, has a lining of silk that is leopard like in effect and is somewhat more than medium in length.

The Basque and Basque Effects are much to be seen in the New Dresses. The blacks among the dresses are proving of particular interest.

Indeed these new season suits, coats and dresses must be seen to be appreciated—come and see The New.

# What the Governor's like to eat

recovered from a two weeks' illness. Miss Camille Jeannette of Decroit. Mich., is the guest of Mrs. Florence Mrs. Cox, mother of Gov. J. M. Cox of Ohio, is hostess at the execu-Decker, 315 N. Scott st. tive mansion at Columbus. Of her son's favorite dish she says: Miss Doris Silber, 226 S. William BY MRS. COX.

Executive Mansien, Columbus, O. It would be impossible for me to write out any recipes.

I never cooked by recipe in my life, I'm one of those old-fashioned cooks that puts in a pinch of this and a pinch of that and a cupful of this or that, stirs it, puts it in the oven and bakes it. I couldn't give exact portions.

flour, two tablespoons sugar, four teaspoons baking

powder, two tablespoons cutter, one cup of milk, one-

half tablespoons butter, one cup of milk, one-half tea-

spoon salt, one egg. Mix and sift the dry ingredients,

add gradually milk, egg well beaten, and melted butter.

TO PREACH IN MICHIGAN.

RECOVERS LOST PURSE.

pocketbook containing a large amount

of money in a St. Mary's street car.

purse through the offices of the rail-

NILES MILL LOSES PUMP.

E. Eagan of Danville, Ill., reported

Bake in buttered gem pans 25 minutes.

However, my son's favorite dishes are fresh country sausage and wheat muffins. Wheat muffins are made as follows: Two cups of



lotter's parents, Mr. and Mrs. John Loyal Americans No. 1003, will hold Rev. D. S. Tuttle, presiding bishop of almost flat. Sousley, 732 S. Michigan st., have retheir annual picnic at Hudson lake the Episcopal church in America, will next Sunday, Aug. 23. Transporta- be present on that occasion. Regular John Sousley and daughter, Gladys, S. Michigan st., are visiting with relabers. Tickets supplied by C. H. Finch, Hungarian lay reader. secretary, at the South Shore station. R. A. Woyahan, 408 N. Cushing st., Non-members will be given a rate of has returned after visiting in Chester-40 cents for adults, children 20 cents. Mrs. F. M. Becker of Hamilton. Cars leave South Bend at 8:30; can to the police department Tuesday af- angular in shape. It can be easily Ont., and Mrs. George W. Bryson return on any car. and daughter Albina of Chicago are

MARRIAGE LICENSES.

Joseph Vargo, 22, laborer, to Ethel Miss Lucile Dorland of The Fashion Papol, 17. Shop has returned from a business Edward Banacki, 24, laborer, to trip to Chicago and leaves this even- Jozefa Czernuswicz, 23. ing to attend the eastern style shows.

Mr. and Mrs. A. F. Suhr and son and daughter of Napoleon, O., are visiting Mr. and Mrs. A. H. Suhr, 521 estly requested to meet at Eagle hall Mrs. Jennie Larzelere of Dowagiac funeral of Sister Esken in a body.

Grenveille Tompsett is spending the Stated meeting of South Bend Chapter No. 2, O. E. S., will be held the local department. The Misses Vera and Grace Hill and Thursday evening, Aug .20. There Miss Ethel Peterson have returned will be initiation and floral work. from Chicago where they spent a few

The Last Chance

to get some of our wonderful bargains

is almost gone. This week is positively

the last of our big clean-up sale. If

you have not already taken advantage

of these price reductions, do so now

Union Shoe Co.

before it is too late.

Otila Kuss, W. M.

## Announcements

ATTENTION, T. B. H. No. 41. Every member of the court is honat 1:30 p. m., Thursday, to attend the is visiting Mrs. J. G. Tompsett, S. Adv. Lillian Stockwell, Scribe.

### taking a valuable brass plunger from the mill's water pump. The Niles department has asked the assistance of

the Lake Shore station.

SUES ON BILL Ralph M. Seely filed suit in the superior court Tuesday afternoon to col- wool are unlined while the quiet tail-\$164.94 which he maintains is due "pussy willow linings". him from Samuel L. Sheets. Seely says the machine was brought to him to be repaired on May 2, 1914, and that he still has the car, Sheets refusing to pay the bill.

MILITIA TO TRAIN. Members of Co. F of South Bend

have gone to Fort Benjamin Harrison to take part in the military instruction doled out to the Indiana Nation- should carry a long knitted and beadal guard. The local company is in ed purse with a little bag attached to charge of Major George Freyermuth. one side of it which will contain a

EATING HORSE MEAT.

PARIS, Aug. 19 .- According to inprice of provisions has mounted gold toilet requisites as well as a place enormously and dairy products and for the purse. vetegtables are seldom seen by those of moderate means. In some sections of the city horse meat is selling at "slitless". the equivalent of one dollar a pound.

In the 25 years from 1887 to 1911 thing with a tailored suit just now. the number of human beings killed by snakes in India was 543,991.

### from the housefly, which is a mighty The hip yoke on some of the new skirts is a marked feature. This yoke

is not tight. It really suggests the same line given by the rather loose hip girdle. But it does serve to hold in the fullness of the skirt at the waist line, and it is quite satisfactory.

of hot weather.

American women used to go to Paris to see and get pretty dresses. Now some of them are going to get their resulted in the production of an exfaces beautified. One of the new face ceedingly double-bordered veil. This fashion fads is to have the forehead novelty has a different pattern on each lanced across and a strip of flesh re- edge of the veiling so that it can be moved, so that the eyes are elevated made to serve the purpose of entirely and a calm "saintly" expression two different bordered veils. Some-The Rev. Victor Von Kubinyi, pas- achieved. tor of the Trinity Hungarian Episco-

tion will be furnished free to all mem- services will be conducted here by a a queer fashion that comes from

shades of pink and white, or blue, yelway company and returned it to its low and white. owner as she was boarding a train at

ing for a gang which is alleged to tons of pearl. have disabled the Niles paper mill by

> The great novelty of this season in tailored suits is the return to the redingote, for all of the tunics are merely adaptations of the circular

as wide as are the short capes.

of very light crinoline lace through which the hair is quite visible, a delightful invention for fair-haired girls.

folded fan.

The military cape is popular. It's

# Thursday---Friday The survival of the tightest-fitting

Three big special sale days for the Men in Suits, Coats, Hats and Oxforls. Never have we put forth the

bargains we are now opering.

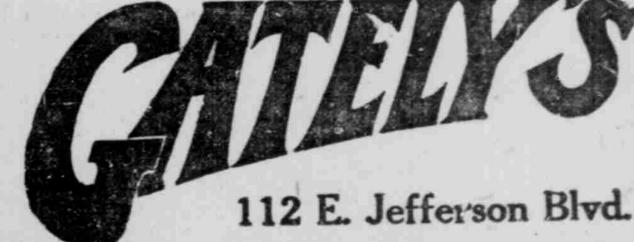
Lot I.—Your choice of any Man's Suits in this lot, regular prices from \$12 to \$15.

Lot II. Your choice of any of these Suits in this lot, regular price \$15 to \$18. These Suits are new spring Suits we are closing out to make room for fall shipments.

Reductions made on our Oxfords and Men's Hats. Don't miss looking over these Bargains.

Your friends are well Dressed and look prosperous, why not you? We're located just across the road from Mike's

Restaurant. -Open Thursday Nights Open Saturday Nights-



### McGILL'S FURNITURE

SOUTH MICHIGAN ST. Opposite Auditorium.

TANGO BRACELET AND GLOVE HOLDER. Very New and Charming; in Silver and Gold at \$1.50 and up. See Them at CLAUER'S.

WEAR BAKER'S SHOES.

Gigantic Sale Now On.

SHERMAN'S

(Successor to Wilhelm's.) READY TO WEAR. Our Buyer is in New York City This Week. We Invite You to Inspect the Fall

\$3.50 Values for \$2.50. Save a Dollar on your Footwear at the S. B., \$2.50.

Watch Our Case for Specials.